

The Fjellheim Flammen



Fjellheim Lodge 6-107

Sons of Norway

1045 Ford Street, Colorado Springs, CO 80915

719 574-3717

www.sonsofnorwaycs.com

November 2024

Volume 42 Issue #11

The mission of Sons of Norway is to promote and preserve the heritage and culture of Norway, to celebrate our relationship with other Nordic countries, and to provide quality insurance and financial products to its members.

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Monthly heritage meetings are held the second Wednesday of every month (except July).

6:30 pm

Viking Hall, 1045 Ford Street

Send Articles to :

Kerry Hefta
khefta@comcast.net

Deadline for the December Issue is November 21st

Fjellheim Sons of Norway

LUTEFISK AND MEATBALL DINNER



SATURDAY, NOVEMBER 16, 2024

1:00 PM & 4:00 PM

FJELLHEIM LODGE, 1045 FORD STREET
COLORADO SPRINGS, CO



Dinner Reservations: **Circle Preferred Seating: 1:00 pm 4:00 pm**
Seating is Limited

Indicate Dine-In or Take-Out by checking below:

Dine-In Take-Out

	Number Attending	Cost	Total
Members		X \$25.00 =	\$
Non-Members – 16+		X \$27.00 =	\$
Student – age 10-15		X \$12.00 =	\$
Under 10		X \$ 0.00 =	\$
		Total =	\$

Product Pre-Orders Cash or Check only:

Items	Quantity	Price per Unit	Total Product
Lefse – 6 rounds per pkg		X \$10.00	\$
Lutefisk – 1 lb. pkg		X \$15.00	\$
Herring		X \$12.00	\$
Lingonberries		X \$8.00	\$
		Total =	\$

Your Name: _____

Phone Number: _____ E-Mail: _____

Payment Option for Reservations only (Circle to indicate your choice):

⇒ Check: Make out to **Sons of Norway**

⇒ Cash: pay at the door.

Mail reservations to Karen Ravnaas, 5295 Water Dipper Rd, Colorado Springs, CO 80911 to arrive by **Wednesday, November 13, 2023**. After that date, call Karen @ 719-390-0621 for space availability and registration.

NOTES/Special Requests: _____

Fjellheim Event Schedule for Fall 2024

Event	Date	Time	Place
Board Meetings	First Wed of Month, Nov 6th and Dec 4th	2:00 pm	Viking Lodge
FMC Meeting	Second Wed of the Month: Nov 13th	5:30 pm	Viking Lodge
Heritage Meeting Light Supper	Second Wed of Month Nov 13th	6:30 pm	Viking Lodge,
Heritage Meeting	Second Wed of Month Nov 13th	7:00 pm	Viking Lodge,
Heritage Meeting and Lefse Baking	Note change of time and date to Saturday, Dec 7th	9:00 am to noon	Viking Lodge, See page 5 for details NO Heritage MEETING on Wed, December 13th
Advanced Norwegian	Every Monday in Nov . <i>*Note: New beginner classes are offered at 6 pm and is meant for those with no prior language experience.</i>	3:00 pm	Viking Lodge—email Erik Tjelmeland: norsk75usa@gmail.com Please email Erik for book purchase requirements before the 1st class.
Intermediate Norwegian		4:00 pm	
Advanced Beginning Norwegian		5:00 pm	
*New Beginning Norwegian		6:00 pm	
Trollheim Christmas Fair	November 1st and 2nd	9 am to 2 pm	Trollheim Lodge 6610 W 14th Ave Lakewood, CO 80214 Flyer page 4
Lutefisk and Meatball Dinner	Saturday, November 16, 2024	Two servings @ 1:00 pm and 4:00 pm	Viking Lodge Registration form on page 1 We got lots of room be sure to sign up and spread the word
Decorate the Lodge (and Pizza)	December 4th, 2024	9 am to 11 pm	Viking Lodge
Traditional Norwegian Julebord	December 14th, 2024	Social @ 1:30pm Dinner @ 2 pm	Viking Lodge Flyer on page 6
De-Decorating and Heritage Meeting	Saturday, January 4th, 2025	9 am - noon	Viking Lodge No Heritage Meeting Wednesday Jan 8th See page 5 for details
Rosemaling	Date TBD	11 am to 3 pm	Viking Lodge Please call Cindy at (719)-330-1275 or BJ at (719)-440-3992 to confirm
Barneloppet	Feb 22nd, 2025	9:30 am to 1 pm	Snow Mountain Ranch Granby, Co More details later



President's Message November 24

We had a very successful Leif Erickson Day and Viking Fair thanks to all the members who volunteered. The menu of authentic Viking recipes at the Leif Erickson Day Heritage Meeting such as a Viking stew, Viking flatbread (not lefse), barley porridge, smoked salmon and root vegetables were a hit and all the other goodies filled in the gaps.

The Viking Fair on 19 Oct was a tremendous success. A special thanks to Eunice Bluhm for putting the event together. We hope that our vendors did well as the foot traffic was exceptional. Coming up is the Trollheim Bazaar in Denver, 1-2 Nov, where the Lodge will be selling lefse. Our Lutefisk meal on the 16th highlights the November calendar while the December Julebord will be held on 14 December. Volunteer sign-up sheets will be available at the November Heritage meeting so please consider what you can volunteer to do.

Our lefse on Tuesday will continue to the end of October as we prepare for upcoming events and the Holidays. We are getting close to having enough lefse but there is still plenty of work/fun for everyone - please volunteer.

Please remember that we decided to move the December Heritage meeting to 7th, December and the January meeting to 4 January. As part of 7th, December activities, we will be providing members with lefse dough so that they can make their own Holiday lefse! You will roll your dough into lefse balls and then roll out/cook your lefse. The lodge will provide everything, to include packaging, so bring out the family. We will begin the lefse rolling at 9:00 AM and sign-up sheets will be available at the November Heritage meeting. After the lefse we will have our lunch and then have a short meeting.

Our 4 January Heritage meeting will begin with de-decorating the Lodge as a joint effort at 9:00 AM. Our luncheon will be designed to allow you to share your holiday leftovers, so I am hoping for a lot of chocolate and baked items! A short meeting will then close out the day. There should be plenty of social time during both meetings.

Currently the plan is to move back to the second Wednesday in February for the Heritage Meeting.

In closing I would encourage everyone to participate in the Heritage meeting where you can share good food and fellowship.

Fraternally Terry Mapstone



Viking Fair Recap

Above : Becky Tamblin at her 'Vintage Viking' booth with SOME of her wares.

Upper Right: Norm and Cindy Pechacek happily serving lunch

Right: Kathy Wedo at the Raffle Table having some fun.



Above: Austin Miller, who volunteered his time as our greeter, and John Larson chumming it up with Ole the troll.



Left: Jane Johnson and Ginny Johnson (no relation) working the White Elephant table and selling cookbooks.

Right: Kerry Hefta and Annastacia Hackett selling (lots of) baked goods and lefse. PS. Thanks to everyone who donated for a successful sale.





Sunshine Report November 2024



Happy Birthday and Happy Anniversary to all who are celebrating these special occasions during November 2024.

Kerry Hefta had sinus surgery and is recovering well and is just sorry she missed the Leif Ericson Day Celebration because of it. But her sinuses already seem clearer!

Karen Ravnaas had left knee replacement surgery on October 3 and, with the exception of a terrible cold, is skipping along just fine. I can't say it was the finest hours of my life, but it will be better very soon! Thank you for the calls and cards – they made my challenge much lighter.

Thought for the month: "Two sounds of autumn are unmistakable, the hurrying rustle of crisp leaves blown along the street or road by a gusty wind, and the gabble of a flock of migrating geese.

Both are warnings of chill days ahead, fireside and topcoat weather." - Hal Borland



Fraternally, Karen Ravnaas, Sunshine Director, 719-390-0621 or KRavnaas@q.com

Faithful to Our Mission and Members

At the **Sons of Norway Foundation**, we are driven by a sense of purpose: to celebrate Nordic culture and heritage through scholarships and grants to our members and communities. Since 1966, staying true to this purpose, we have been supporting our members through scholarships and cultural exchange opportunities, providing disaster relief to members in need, and funding community programs that celebrate Norwegian heritage and culture.



A donation to the Sons of Norway Foundation, a **501(c)(3) organization**, is a contribution to the positive impact we make through community, youth, educational, and cultural projects. To donate go to [Foundation | Sons of Norway](#) or www.sofn.com/foundation.

Scholarships

The Sons of Norway Foundation awards approximately 25 scholarships to promising students each year. These programs promote cultural exchange and support higher education to help students follow their dreams.

All scholarships are open for application starting October 1. Deadlines vary so please check the information on each scholarship.

View full list of scholarships at www.sofn.com/foundation/scholarships.

A Message from our Colorado Sons of Norway Financial Benefits Counselor on “Outstanding Planning”



The Norwegians have always been great planners. Take for example, looking at the Vikings of over a thousand years ago, not only the world's first Marines, but also discoverers of the New World. Another example is Roald Amundsen, the Arctic and Antarctic explorer. It's just in the blood.

Recently, my wife Kari and I attended another impressive occurrence that has taken place for forty-three consecutive years. The Sons of Norway Stein Fjell Lodge in Loveland, Colorado, displayed what great planning can accomplish. This past weekend when they prepared and served nearly four hundred hungry mouths at the Faith Evangelical Church in Loveland. Just think of it, peeling enough pota-

toes, cooking them and then serving them to that large a crowd. Oh, did I mention the main item on the menu was LuteFisk. This together with eighty-one pounds of meatballs. What a tremendous feat, and such a wonderful time. It just goes to show what we can accomplish when we all work together.

Planning is the key to retirement transition.

Skal, *Kendall Kjerstad*, Sons of Norway Agent 3218



Cultural Corner

UPCOMING Heritage Meetings

Note new times and days in December and January

Date: Wednesday Nov 13, 2024 @ 7th,pm

Erik Tjelmeland will give a presentation about Norway! His talks are always well researched so we are looking forward to it. Rumor has it that the heritage supper at 6:30 pm will include pulled pork and coleslaw!

Date: Saturday Dec 7th, 2024 @ 9 am to noon

The lodge will provide members with lefse dough so that they can make their own Holiday lefse! You will roll your dough into lefse balls and then roll out/cook your lefse. The lodge will provide everything, to include packaging, so bring out the family. We will begin the lefse rolling at 9:00 AM and sign-up sheets will be available at the November Heritage meeting. After the lefse we will have our lunch and then have a short meeting.

Date: Saturday Jan 4th, 2025 @ 9 am to noon

Our 4 January Heritage meeting will begin with de-decorating the Lodge as a joint effort at 9:00 AM. Our luncheon will be designed to allow you to share all your holiday leftovers, so we are hoping for a lot of chocolate and baked items! A short meeting will then close out the day.

There should plenty of social time during both meetings.

In February we will go back to the 7th,pm meeting times.

Trollheim Christmas Fair
 SONS OF NORWAY, TROLLHEIM LODGE
 6610 West 14th Ave.
 Lakewood, CO 80226
 303-232-1700

November 1st & 2nd, 2024

GOD JUL Doors open at **10:00 AM**
 Open until **3:00 PM**
 Admission: **\$2.00**
 Children under 12: **Free**

No food or drinks will be served

Shopping
 Please note: Some vendors may only accept checks or cash.

Shop for gifts. Shop for yourself. Shop at over 15 vendors. Shop at our Butikken. We have a wide variety of merchandise so...
SHOP TILL YOU DROP!

Enjoy shopping in our
Wonderland Of Scandinavia



Leif Erikson Day

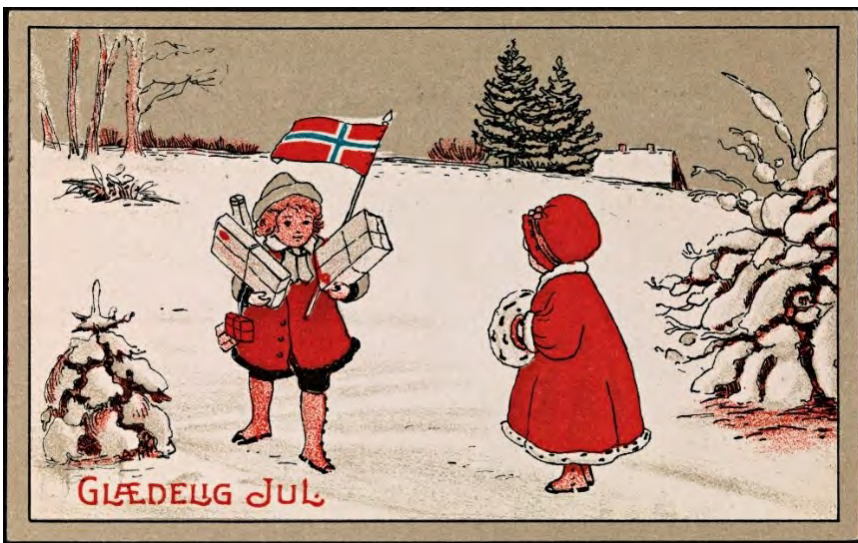
Celebration

October 9th,

Was a huge success with plenty of authentic Viking Tidbits and a presentation on the story of Leif Erikson

'Tusen Takk' to James Mattox for the idea and presentation.





Julebord Christmas Buffet

*Fjellheim Lodge, Viking Hall
1045 Ford Street, Colorado Springs, CO 80915*

Saturday, December 14th, 2024

Social time 1:30 pm; Meal at 2:00 pm

We have an extensive and delicious menu planned for your enjoyment. Join us for fun and fellowship as we celebrate our Scandinavian heritage.

	Number Attending	Cost	Total
Members		X \$25.00 =	\$
Guests > 16 yrs old		X \$27.00 =	\$
Student – age 10-15		X \$10.00 =	\$
Under 10		X \$ 0.00 =	\$
		Total =	\$

Your Name: _____

Phone Number: _____ E-Mail: _____

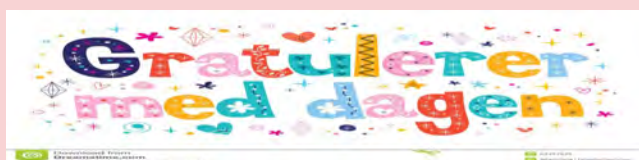
Seating is limited so make your reservations early! Please call Karen Ravnaas at 719-390-0621 or send your request and payment to 5295 Water Dipper Rd, Colorado Springs, CO 80911 by Dec 12, 2024. Make checks payable to **Sons of Norway** or pay cash at the door.

November Birthdays

Gwen Carlson	1
Audrey Louise Jensen	1
Elizabeth Skrukrud	3
Patricia Tjelmeland	4
Sarah G Ostrem	5
Steven Carlson	8
Edie Mattox	10
Tony Odman	10
Karen L Emanuelson	11
Maria E King	18
Les Bailey	23
Annastacia T Hackett	23
Calvin Dale Utke	24
Shari Brian	25
Orlin N Knutson	28
Donald M Simpson	28

Heritage and Youth

Gunnar Lawrence	7
Charlotte V Ostby	16
Noah A Hommel	30



What Causes the Northern-Lights?

The **Northern Lights**, also known as the **aurora borealis**, are caused by **charged particles from the sun**¹²³⁴⁵. These particles interact with gases in the Earth's atmosphere, particularly oxygen and nitrogen, resulting in the beautiful light displays seen near the North Pole¹³⁴.

The website below provides a forecast about where to see Northern Lights in the US. It's been seen this year in Colorado. We might get lucky and have it happen again.

[Aurora - 30 Minute Forecast | NOAA / NWS Space Weather Prediction Center](#)



Kendall Kjerstad

**Financial
Benefits
Counselor**

Cell: (970)-978-1634



FJELLHEIM - 2024 OFFICERS

Board of Directors

President	Terry Mapstone	719-351-5644
719-351-5644		
Vice-President	Mark Wedo	719-291-6387
Counselor	Becky Tamblyn	719-271-3631
Secretary	Karen Ravnaas	719-390-0621
Treasurer/Finance	Terry Mapstone	719-351-5644
Membership	Kathie Godsil	719-229-9289

Program Directors

Sunshine	Karen Ravnaas	719-390-0621
Cultural Coordinator	James Mattox	808-356-9964
Social Coordinator	Kathie Godsill	719-266-9592

Support Officers

Greeters	Hazen, Sonja Thomas	719-475-0429
Marshalls	Leonard Beasley	719-471-1801
	David Haugen	719-599-0810
Editor	Kerry Hefta	719-651-3677
Web Page	Susanne Arens	719-593-1449
Facebook	Kerry Hefta	719-651-3677
Musician	Denise Lambert	530-206-6878
Publicity	Eunice Bluhm	719-351-3554
Foundation	Kerry Hefta	719-651-3677
Librarian	Vacant	

Committees/Special Activities

Auditors	John Larson	719-570-0043
Financial Benefits	Kendall Kjerstad	970-978-1634 or 970-697-1114

Fiellheim Management Corporation (FMC)

President	Terry Mapstone	719-351-5644
Directors	Newell Nesheim	720-202-3161
	Karen Ravnaas	719-390-0621
	Paul Wiig	719-596-6159
	John Larson	719-570-0043
	K. Max Canestorp	719-685-4583
	Norman Pechacek	719-574-1938
	Cynthia Pechacek	719-574-1939

Trustees	Terry Mapstone	719-254-0955
	Vacant	

Colorado Zone 8 Director Diane Molter 303-288-6014

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zone8@sofn6.org

District 6 President Lis Barca
president@sofn6.org

Sons of Norway International Board Luella Grangaard

Sons of Norway

Monthly Newsletter

Kerry Hefta, Editor

Viking Hall—Fjellheim 6-107

1045 Ford Street

Colorado Springs, CO 80915



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